GYM MASTER
fitness

INSTRUCTION MANUAL



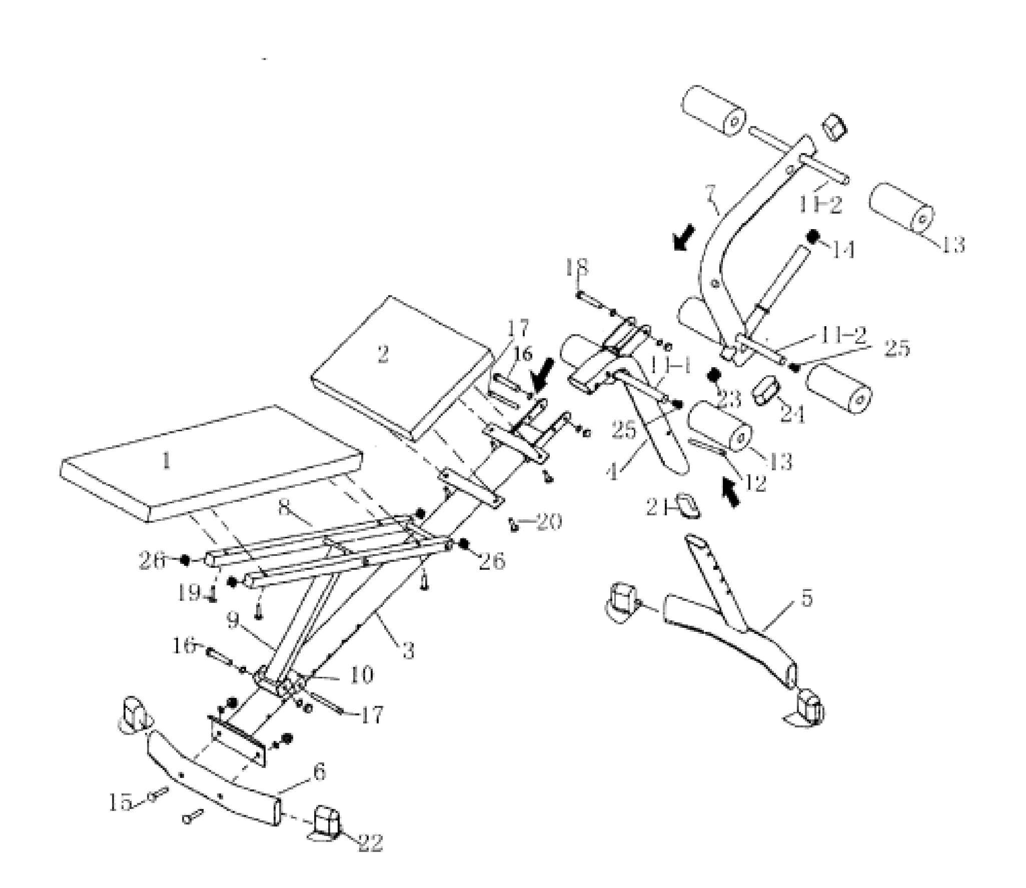
MULTIFUNCTION BENCH

MODEL:
GM95615

PART LIST

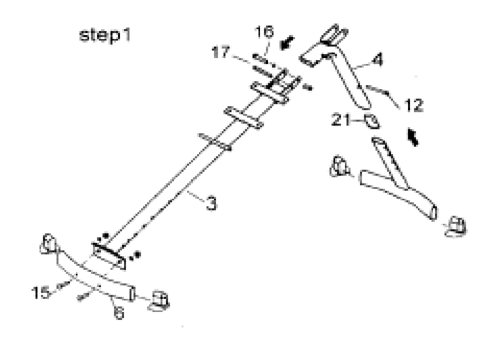
N0.	DESCRIPTION	Q'TY
1	**BACKREST**	1
2	**CUSHION**	1
3	**MAIN SUPPORT TUBE**	1
4	**INCLINE ADJUSTMENT SUPPORT**	1
5	**"T" SHAPE STABILIZER**	1
6	**REAR STABILIZER**	1
7	**LEG NXTENTION**	1
8	**BRACKET BAR**	2
9	**ADJUSTMENT TUBE**	1
10	**CONNECTOR**	1
11-1	**FOAM TUBE** （Φ19x330mm）	1
11-2	**FOAM TUBE** （Φ19x295mm）	2
12	**PIN** （Φ8x 75mm）	1
13	**FOAM**	6
14	**END CAP** （Φ25.4mm）	1
15	**CARRIAGE BOLT** （M8x40mm） **WASHER** **NUT**	2 2 2
16	**SCREW** （M8x90mm） **WASHER** **NUT**	2 4 2
17	**PIN** （Φ8x 80mm）	2
18	**SCREW** （M10x60mm） **WASHER** **NUT**	1 2 1
19	**BOLT** （M6x35mm）	4
20	**BOLT** （M6x14mm）	4
21	**SLEEVE**	1
22	**END CAP**	4
23	**STOPPER**	1
24	**END CAP** （30x60 elliptical）	2
25	**END CAP** （Φ19mm）	6
26	**END CAP (**□25mmx25mm)	4
27	**U-BRACKET**	1
28	**PROTECTING CAP M8**	2
29	**PROTECTING CAP M10**	2

Diagram

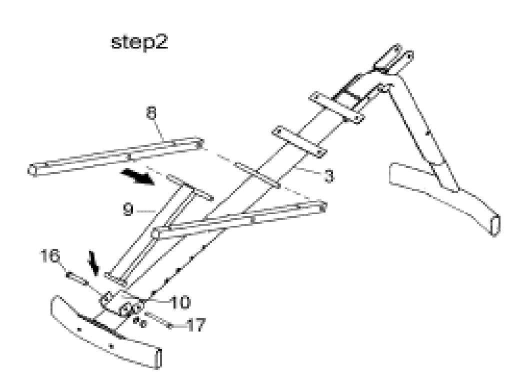


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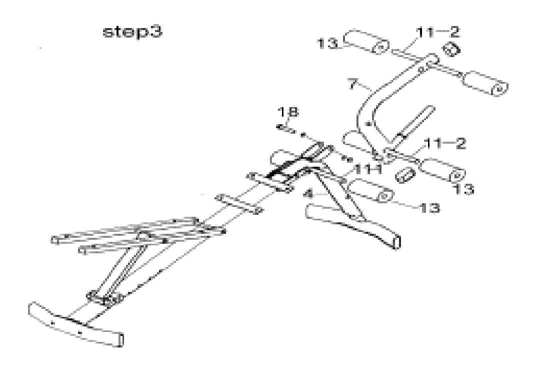
Assembly Instruction



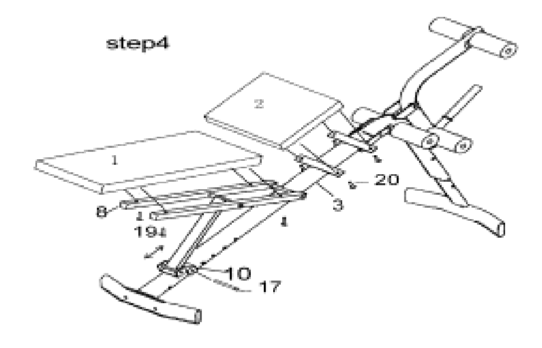
(1) Connect Incline adjustment support (4) to Main support tube (3) with screw (M8x90mm) (16) and Pin (Φ8x 85mm) (17). Insert Sleeve (21) and "T" shape stabilizer (5) into Incline adjustment support (4) and adjust it to suitable height then fasten it with Pin (Φ8x 75mm) (12). Also fasten Rear stabilizer (6) to Main support tube (3) with Carriage bolt (m8X40mm) washer and nut (15).



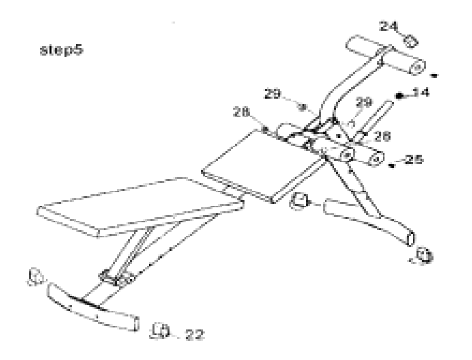
(2) Fix Connector (10) to Main support tube (3) by Pin (Φ8x 85mm) (17). Connect Adjustment tube (9) to Connector (10) with Screw (M8 x 90mm) washer and nut (16) then put Bracket bar (8) on both of Main support tube (3) and adjustment tube (9).



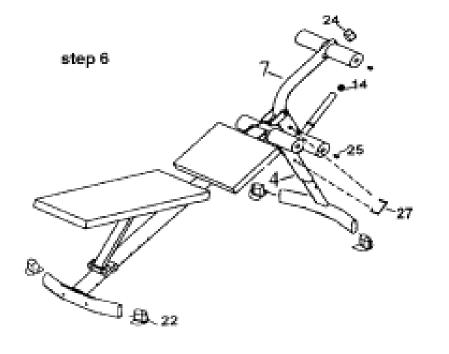
(3) Connect Leg Extention (7) to Incline adjustment support (4), and fasten by screw (M10x60mm), washer and nut insert all Foam tube (11-1,11-2) to Leg Extention (7) and Incline adjustment support (4). Then put all Foams (13) to Foam tube (11-1,11-2) put the stopper(23) to cover the outside of round tube on the Leg Extention (7).



(4) Connect Back rest (1) to Bracket bar (8) with Bolt (M8x35mm) (19). Fasten Cushion (2) on Main support tube (3) with Bolt (M8 x 14mm) (20). Pull out the Pin (Φ8x 85mm) (17) from Main support tube (3) and Connector(10) and adjust it to suitable position, then fasten it with Pin (Φ8x 85mm) (17).



(5) Put all the end caps (14,22,24,25,26,28,29) to the proper position.



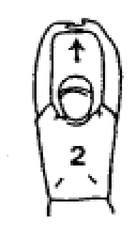
USE U-BRACKET (PART NO.27) TO FIX BOTH OF THE LEG EXERTION (PART NO.7) AND INCLINE ADJUSTMENT SUPPORT (PART NO.4) WHEN YOU DO THE SIT-UP EXERCISING.

Make sure all bolt are securely tightened before beginning your exercise routine.

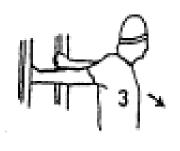
The warm up



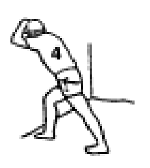
15 SECONDS FOR EACH ARM



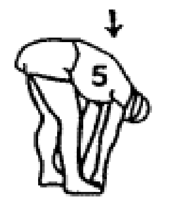
20 SECONDS



20 SECONDS



25 SECONDS



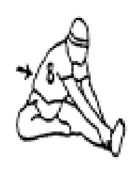
20 SECONDS



20 SECONDS



30 SECONDS



25 SECONDS FOR EACH LEG



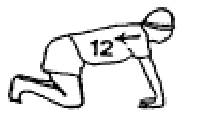
30 SECONDS



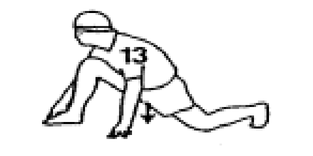
20 SECONDS



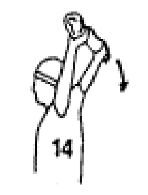
5 SECONDS*3TIMES



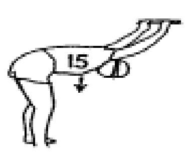
20 SECONDS



20 SECONDS FOR EACH LEG



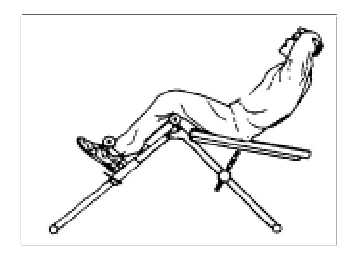
5 TIMES

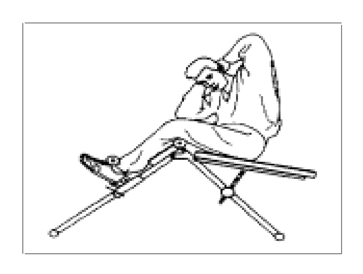


15 SECONDS

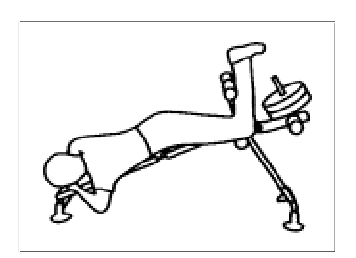
Function Provided

(1) Sit Up

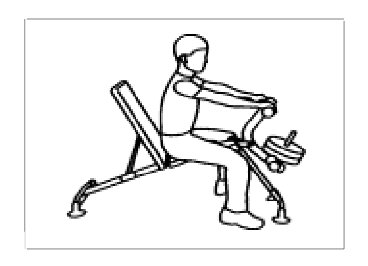




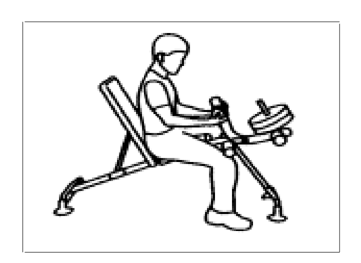
(2) Leg Lift



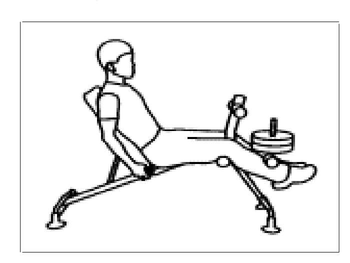
(3) Rowing



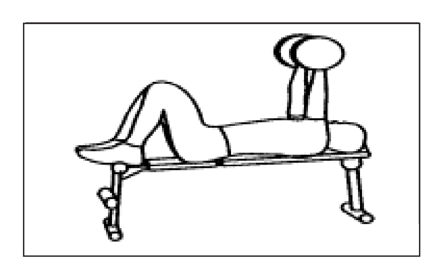
(4) Arm Curl



(5) Leg Extension



(6) Bench Press



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MANUAL DEL USUARIO



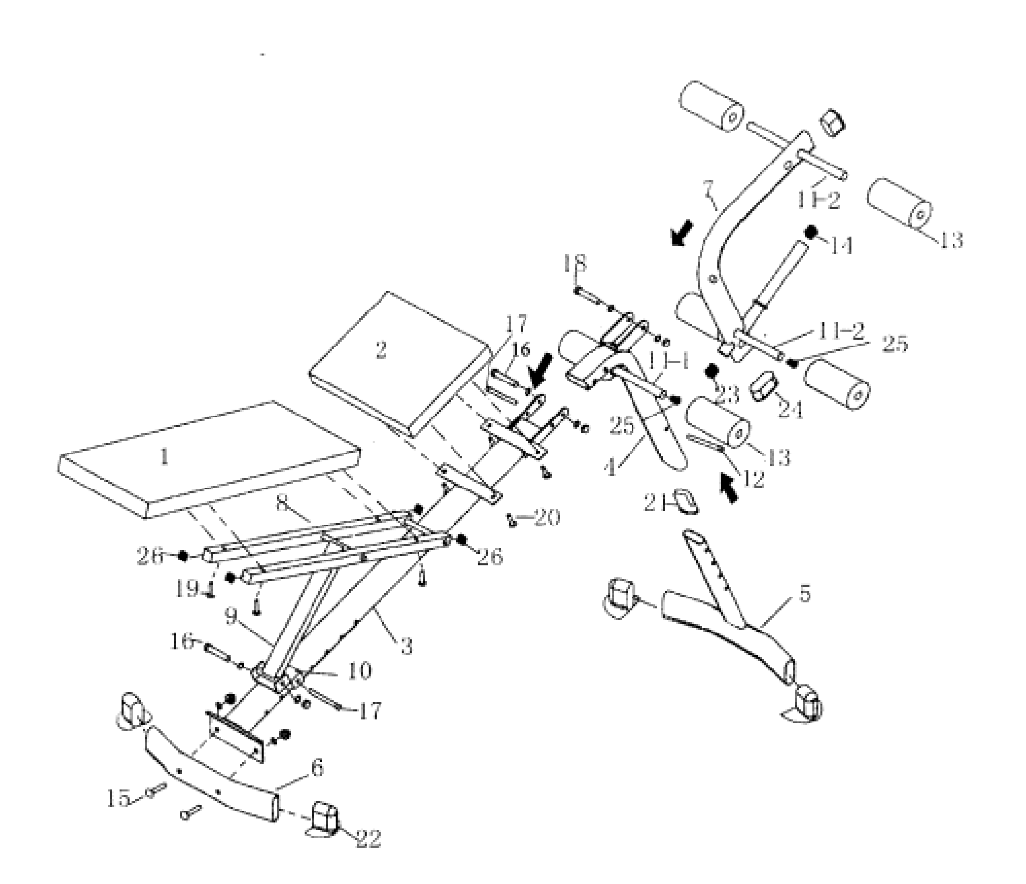
BANCO MULTIFUNCIONAL

MODELO:
GM95615

Lista de Piezas

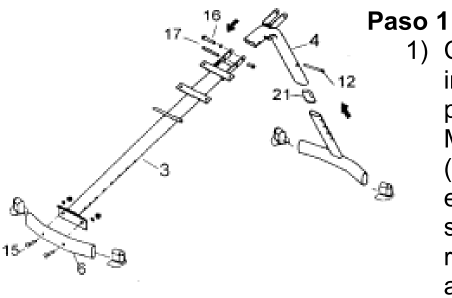
No.	Descripción	Cantidad
1	Espaldar	1
2	Cojín	1
3	Tubo de soporte principal	1
4	Soporte de ajuste de inclinación	1
5	Estabilizador tipo "T"	1
6	Estabilizador trasero	1
7	Extensión para las piernas	1
8	Barra de sostén	2
9	Tubo de ajuste	1
10	Conector	1
11-1	Tubo acolchado (19x330mm)	1
11-2	Tubo acolchado (19x295mm)	2
12	Clavija (8x75mm)	1
13	Acolchado	6
14	Tapa del extremo (25.4mm)	1
15	Perno de cabeza redonda (M8x40mm)	2
	Arandela	4
	Tuerca	2
16	Tornillo (M8x90mm)	2
	Arandela	4
	Tuerca	2
17	Clavija (8x80mm)	2
18	Tornillo (M6x35mm)	1
	Arandela	2
	Tuerca	1
19	Perno (M6x35mm)	4
20	Perno (M6x14mm)	4
21	Manga	1
22	Tapa del extremo	4
23	Tapón	1
24	Tapa del extremo (30X60 elíptica)	2
25	Tapa del extremo (19mm)	6
26	Tapa del extremo (25mmx25mm)	4
27	Soporte en "U"	1
28	Tapa protectora M8	2
29	Tapa protectora M10	2

Diagrama



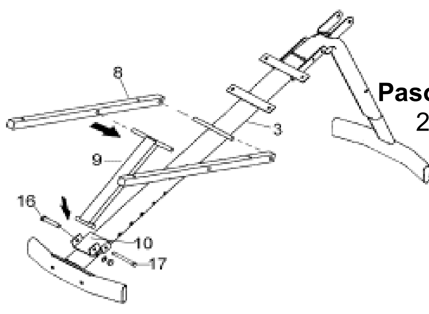
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Instrucciones de Ensamblaje



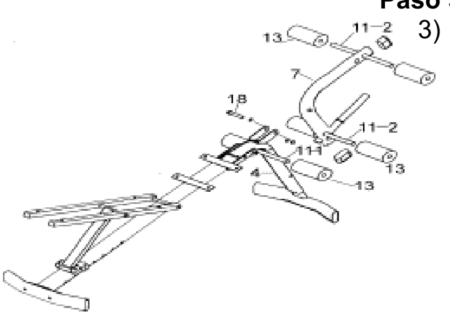
Paso 1

1) Conecte el soporte de ajuste de inclinación (4) al tubo de soporte principal (3) utilizando el tornillo M8x90mm (16) y la clavija 8x85mm (17). Inserte la manga (21) y el estabilizador tipo “T” (5) dentro del soporte de ajuste de inclinación (4) y regúlelo hasta una altura adecuada asegurándolo con la clavija (8x75mm). Además acople el estabilizador trasero (6) al tubo de soporte principal (3) utilizando el perno de cabeza redonda M8x40mm, la arandela y la tuerca (15).



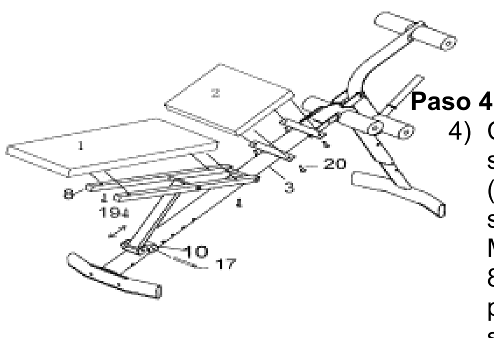
Paso 2

2) Fije el conector (10) al tubo de soporte principal (3) con la clavija 8x85mm (17). Conecte el tubo de ajuste (9) al conector (10) utilizando el tornillo M8x90mm, la arandela y la tuerca (16). Luego coloque la barra de sostén (8) sobre el tubo de soporte principal (3) y el tubo de ajuste (9).



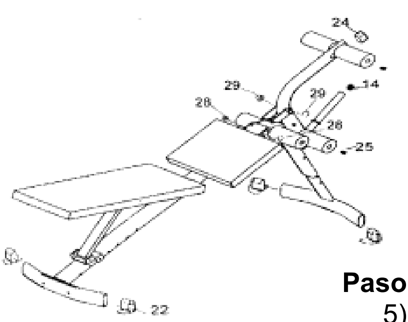
Paso 3

3) Conecte la extensión para piernas (7) al soporte de ajuste de inclinación (4) y luego acople con el tornillo M10x60mm, la arandela y la tuerca. Inserte todos los tubos acolchados (11-1, 11-2) en la extensión para piernas (7) y en el soporte de ajuste de inclinación (4). Luego coloque todos los acolchados (13) en el tubo acolchado (11-1, 11-2). Coloque el tapón (23) para cubrir la parte externa del tubo circular en la extensión para piernas (7).



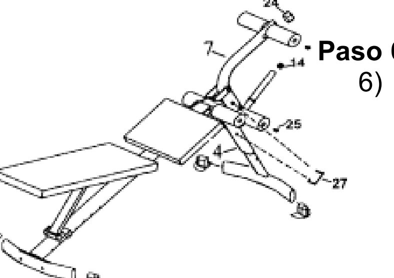
Paso 4

4) Conecte el espaldar (1) a la barra de sostén (8) utilizando el perno M8x35mm (19). Acople el cojín sobre el tubo de soporte principal (3) con el perno M8x14mm (20). Saque la clavija 8x85mm (17) del tubo de soporte principal (3) y el conector (10) y regule según la posición deseada. Luego asegure con la clavija 8x85mm (17).



Paso 5

5) Coloque todas las tapas de los extremos (14, 22, 24, 25, 26, 28, 29) en la posición correcta.



Paso 6

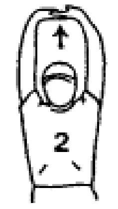
6) Utilice el soporte en “U” (27) para asegurar la extensión para piernas v (7) y el soporte de ajuste de inclinación (4) al momento de hacer ejercicios de alzado.

Asegúrese de que todos pernos queden correctamente asegurados antes de iniciar la rutina de ejercicios.

Calentamiento



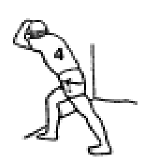
15 segundos para cada brazo



20 segundos



20 segundos



25 segundos



20 segundos



20 segundos



30 segundos



25 segundos para cada pierna



30 segundos



20 segundos



5 segundos x 3 veces



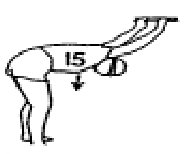
20 segundos



20 segundos para cada pierna



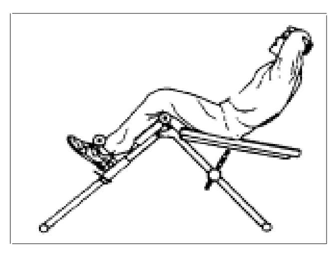
5 veces

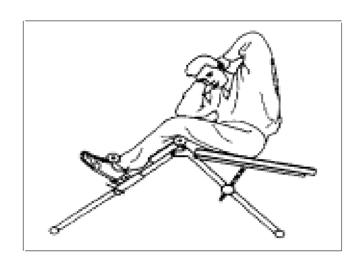


15 segundos

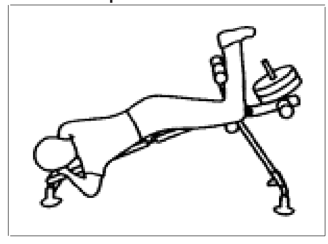
Functiones disponibles

(1)Alzarse (abdominales)

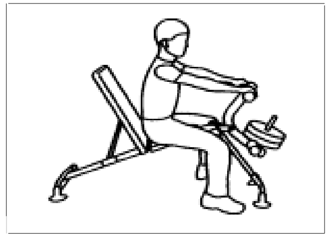




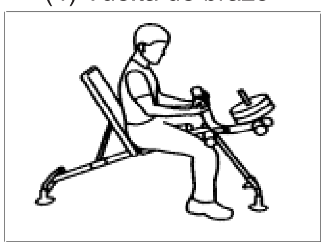
(2) Levantamiento de pierna



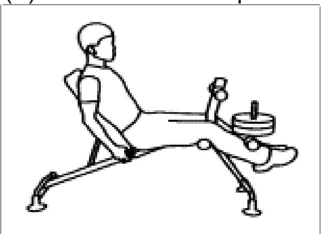
(3) Remo



(4) Vuelta de brazo



(5) Estiramiento de pierna



(6) Rutina en banco

